



JUNE 2021

THE CENTER POST

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REOPENING MONDAY, JUNE 14

Welcome back! The Benjamin Gaither Center and the Fitness Center will reopen on Monday, June 14 at 8:30 AM. Masks are not required for vaccinated individuals, but strongly encouraged if you are not able to maintain a minimum of 6 feet of distance from others.

You will not have to make a reservation to attend as previously announced. Programming will be limited as we slowly ramp back up to pre-pandemic levels.

Transportation and the Nutrition Program are currently not available, but they will return at a later date. If you have any questions, please call 301.258.6380.

IN PERSON ACTIVITIES AT BOHRER PARK

The following activities will meet at the Activity Center at Bohrer Park, 506 S Frederick Ave, Gaithersburg, 20877 from June 1 to June 11. After that, we are back at the BGC. Face masks are required.

Walking Group

Wednesdays at 8:30 AM, Fridays at 2:30 PM

Bingo – Mondays at 2 PM

Social Symposium – Tuesdays at 1 PM

Crochet/Embroidery – Wednesdays at 1 PM

Book Club – Thursday, June 10 at 2 PM

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THURSDAYS, JUNE 3 & JUNE 10 AT NOON

LUNCH AT THE CASEY FARMERS MARKET

Let's meet for lunch at the Farmers Market at Casey Community Center and then see what the farmers have to sell each week. Food trucks will be on hand or bring your own lunch. Tables and chairs in the shade will be available.

JUNE 2021

THURSDAY, JUN 10 AT 2 PM

BOOK CLUB

Join Marisa Young as she leads a thoughtful discussion about the book of the month. The group will meet the second Thursday of the month at 2 PM via Zoom or in person at Bohrer Park. You can also call in.

June's Book:

"The Rooster Bar"
by John Grisham

July Book:

"Killers of the Flower Moon:
The Osage Murders and the
Birth of the FBI"
by David Grann

DROP-IN PROGRAMS

Beginning June 14, all drop-in exercise classes, bingo, and coloring book club fees will be \$2 per class, or you can purchase a 10 punch pass for \$15. The Virtual Exercise Package will continue, and you can attend in-person or online with no extra charge if you are signed up for the package.

If you have not been receiving the weekly Benjamin Gaither Center e-mails, sign up under E-Newsletters on the website. If you need any help signing up for programs, reach out to us at the BGC at 301.258.6380 or BenjaminGaitherCenter@gaithersburgmd.gov.

We check messages and e-mails daily.

WEEKLY PROGRAMMING

*Hybrid Class (in-person instructor or take the class online)

#Online Class (you can attend the class at the BGC but the instructor will be virtual)

Monday	Tuesday	Wednesday	Thursday	Friday
10 AM Fit 4 All*	10 AM Stretch & Strengthen*	9 AM Zumba#	10 AM Stretch & Strengthen*	9 AM Zumba#
11 AM Exercise w/ April#	11 AM Weight Training*	10 AM Fit 4 All*	11 AM Power Stretch*	10 AM Fit 4 All*
11 AM Coloring Book	12:30 PM Bridge	1 PM Crochet	11 AM Coping w/ Change#	11 AM Weight Training*
12:30 PM Embroidery	12:30 PM Mah Jongg		12:30 PM Bridge	12:15 PM Quilting
12:45 PM Bingo			1 PM El Club de la Amistad	12:30 PM Mah Jongg
			1 PM Movie Afternoon	12:45 PM Bingo

MONDAY - FRIDAY, JUN 1 - JUL 2

VIRTUAL EXERCISE CLASSES

Take one class or take them all! Register online and you will receive a Zoom link that lets you participate in a month's worth of classes for one price, plus you can make reservations for Water Walking at the Gaithersburg Aquatic Center.

Members { \$25 } Non-members { \$35 }

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9 a.m.			ZOOMba Dance		ZOOMba Dance
10 a.m.	Fit 4 All	Stretch & Strengthen	Fit 4 All	Stretch & Strengthen	Fit 4 All
11 a.m.	Exercise with April	Weight Training		Power Stretch	Weight Training